

SAFETY FOR INDIVIDUAL TRAINING RUNS DURING COVID-19 SOCIAL DISTANCING

SOUTH DOWNS
ORIENTEERS



A note from the club safety officer...

Please note that, from an insurance point of view, MapRunF courses and permanent orienteering courses are things you accept full responsibility for your own safety when doing – they are not events registered with British Orienteering so are NOT covered by British Orienteering's insurance; do NOT have a planner making last minute checks that conditions are safe; and do NOT have someone checking that you are back safely!

Things we would suggest you consider in order to keep yourself safe:

Things to do with coronavirus infection risk

- Observe the latest government advice regarding social distancing
- Since you are likely to touch shared surfaces such as gates and stiles, wash your hands before you set out and immediately you return; ideally also use sanitiser as you leave your car and as you get back into it.

Things to do with conditions on the day

- If there are too many people out to be able to maintain social distance then go home again and try another time.
- Check the weather conditions and sunset time for yourself.
- Run within your capability in the conditions – if, like me, you need to walk on the paths along the side of Devils Dyke in order to be safe, then do it! Now is NOT the time to be wasting emergency services time with a broken leg.
- Adjust what you are doing to fit the conditions you find – if the field around control 115 at Devils Dyke is full of bulls like it was when I visited then JUST LEAVE IT OUT!
- Make sure you are suitably clothed and wearing suitable footwear for the conditions.

Things to do with being out somewhere on your own / getting help in an emergency

- Register your mobile phone with the UK 999 text service (it is often possible to get a text message through even when reception is too poor to support a voice call). Text 'register' to 999. You will get a reply with instructions to follow. More information is here <https://www.emergencysms.net/>.
- Download the What3Words app to your phone so that you could tell the emergency services your position to within a 3m square. More information is here <https://what3words.com/about-us/>.
- Set up the ICE number and emergency details on your phone.
- Make sure someone knows where you are and how long you are expected to be and that they have the ability to communicate with you. (Do they also have the What3Words app? Do they have a copy of the map? Could you enable location tracking on your phone so they can trace you more precisely?).
- Carry a whistle.
- Wear something high vis.
- Carry ID / emergency contact details plus any medical details such as allergies etc. that you would like someone to be aware of if they found you unconscious.